



# Montessori and Peace Education

Does your school have a culture of peace?



## Who Am I?

Middle School Teacher  
Peace Coordinator  
Bullying Prevention  
Committee Chairperson  
Reading Specialist  
Author  
Children's Yoga Instructor  
Children's Mindfulness  
Instructor  
Meditator  
Yoga Practitioner  
Mother  
Animal-lover



## Workshop's Goals

- Walk away with practical peace curriculum for your schools that can be used in everyday routines
- Feel **inspired** to bring peace curriculum into your school in a more dynamic way
- Feel **motivated** to cultivate a culture of peace in your school and your community
- Seek **peace and conflict resolution** within your personal world

# Workshop's Agenda

- Sedona Charter School Profile/ An Argument for Peace Education 1<sup>st</sup>
- Activity#1: New School Year Pledge: Anti-bullying Pledge/Conflict Resolution
- Montessori Peace Philosophy
- Activity #2: International Peace Day Celebration
- Three Pillars of Building Peace Culture in Schools: Direct Instruction on Peace
- Activity #3: 15 Days of Kindness Community Service/ Earth Day Community Service
- Three Pillars of Building Peace Culture in Schools: Mindfulness Curriculum/Growth Mindset
- Activity #4: Mindfulness Visualization
- The Three Pillars of Building Peace Culture in Schools: Physical Engagement
- Activity #5: Yoga Stretch
- Closing/Questions

YOU CAN HAVE INNER PEACE OR  
YOU CAN HAVE CHILI WITH BEANS,  
BUT YOU CAN'T HAVE BOTH.





# SCS- International Peace Day Celebration 2018



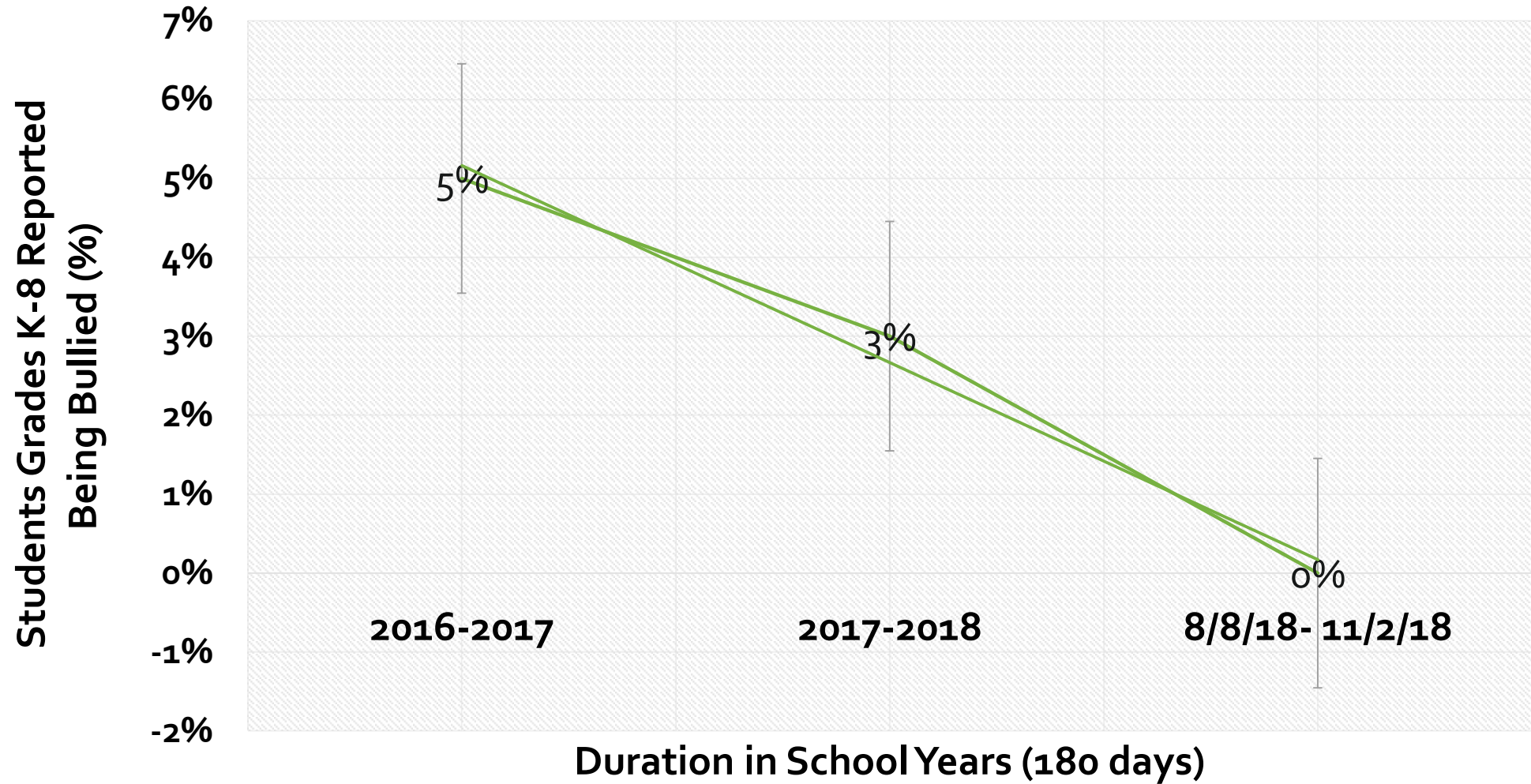




Preventing conflicts is  
the work of politics,  
establishing peace is  
the work of education.  
-Dr. Marie Montessori



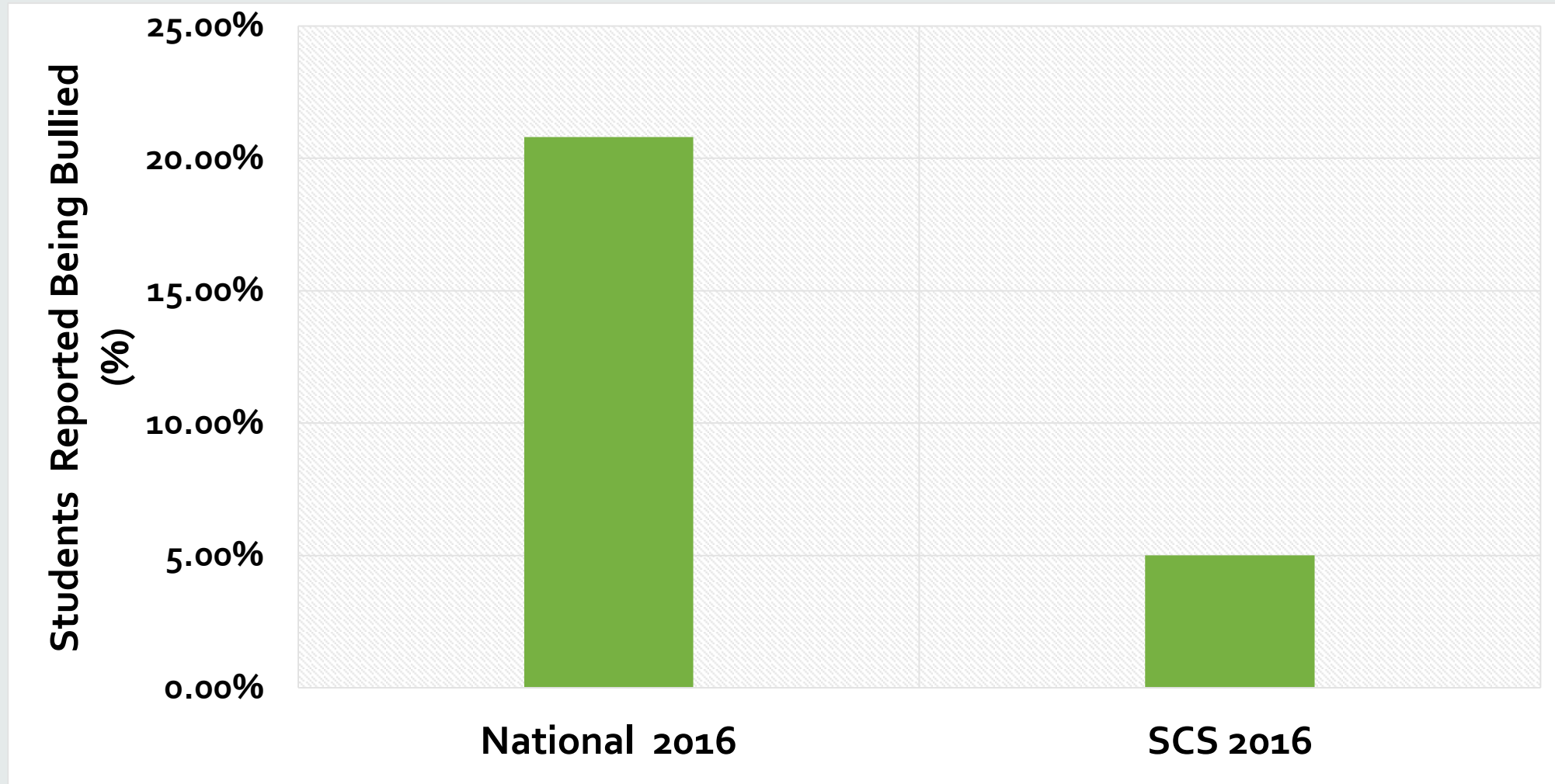
# Sedona Charter School American Montessori Society-Full Member School Reported Bullying Cases 2016-Present



\* SCS data courtesy of SCS Bullying Prevention Committee (unpublished), 2018

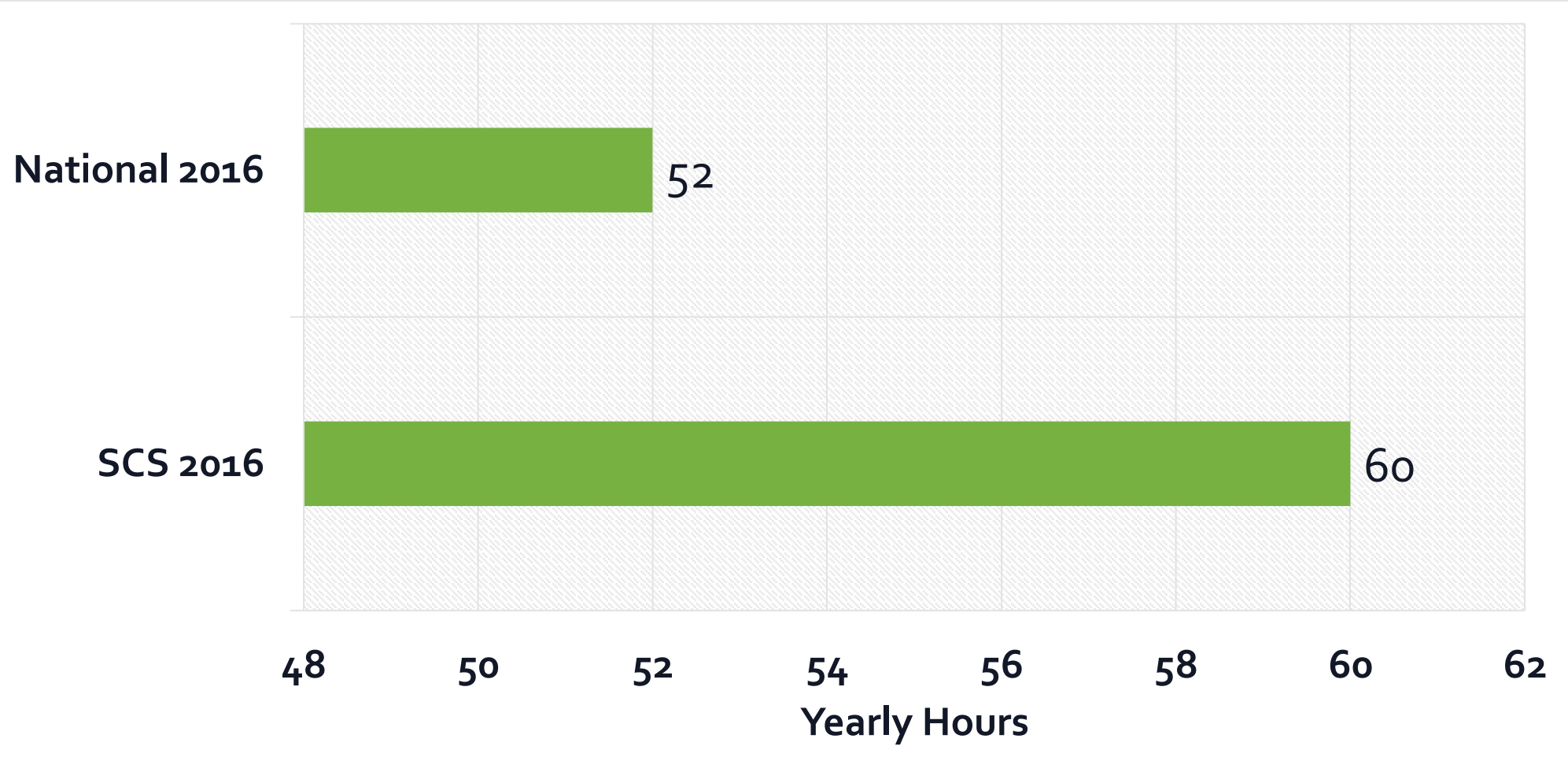


# National Comparison of Bullying Data



\* National data from National Center of Education Statistics, 2016

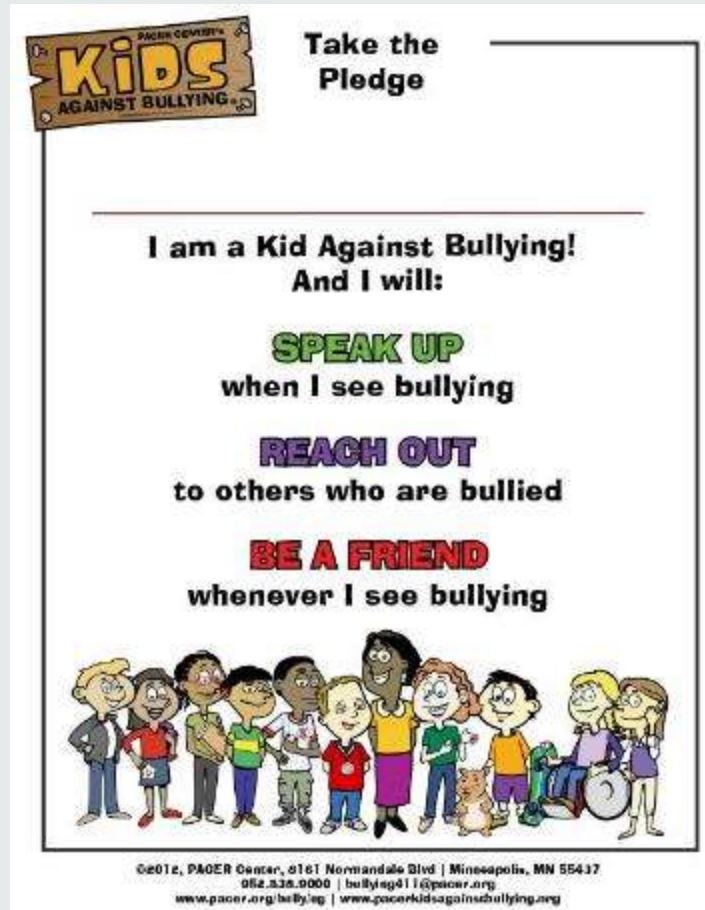
# National Comparison of Volunteerism Data



\* National data from the United States Bureau of Labor Statistics, 2016



# Activity #1- Anti-bullying Pledge



Peace is what every human being is craving for, and it can be brought about by humanity through the child.

-Dr. Marie Montessori





## Montessori Peace Philosophy

- Received 6 Nobel Peace Prize Nominations over 3 years, 1949-1951.
- Constructing a peaceful society through curriculum
- Necessity for direct instruction of peace curriculum
- Moral Development-Stage II-Second Plane of Development Window of Opportunity to Teach Peace



# The Fundamentals of Peace Education Through Montessori Methods

## Peace Education Through Montessori Methods

School-  
based  
bullying  
prevention  
program

School-  
based  
service-  
learning  
program

School-  
based self-  
care  
program

School-  
based social  
& emotional  
learning  
program

School-  
based nature  
appreciation  
learning  
program



## Activity #2- International Day of Peace





## Activity #2- International Day of Peace







Play is the work of the  
child.  
-Dr. Marie Montessori





SWEETIE ?... YOU HAVE TO  
COME OUT. IT'S THE FIRST  
DAY OF SCHOOL.

NO !! I REFUSE TO GO !!  
THEY CAN GET SOMEONE ELSE  
TO TEACH MY CLASSES !

Terry C. Wike #03  
www.fartland.com

I know - He's an old  
joke - But I couldn't  
help myself. TW

# The Three Pillars of Building Peace Culture in Schools-

## Part 1: Staff Commitment & Direct Instruction on Peace



# Direct Instruction on Peace



Month	Theme
September	Optimism or Hope The future is bright.
October	Empathy or Forgiveness Empathetic listening is necessary for peace.
November/December	Community Service We must be stewards of the earth.
January	Acceptance Know thyself and have courage.
February	Responsibility or Right Action We must give great effort to be responsible for our own actions.
March	Honesty or Truthfulness Always seek truth in communication (non-verbal and verbal).
April	Compassion or Love -Nonviolence for all beings creates a peaceful world.
May	Contentment or Appreciation Value joy because it brings peace.



# Activity #3-15 Days of Kindness/ Earth Day Community Service





**Mindfulness** is the ability of the mind to calm and focus in extraordinary ways. It brings increased & improved relaxation of the nervous system, including brain health.



- Concentration of mind (affirmations)
- Clarity of Mind
- Growth Mindset
- Nature appreciation



# Mindfulness Circles

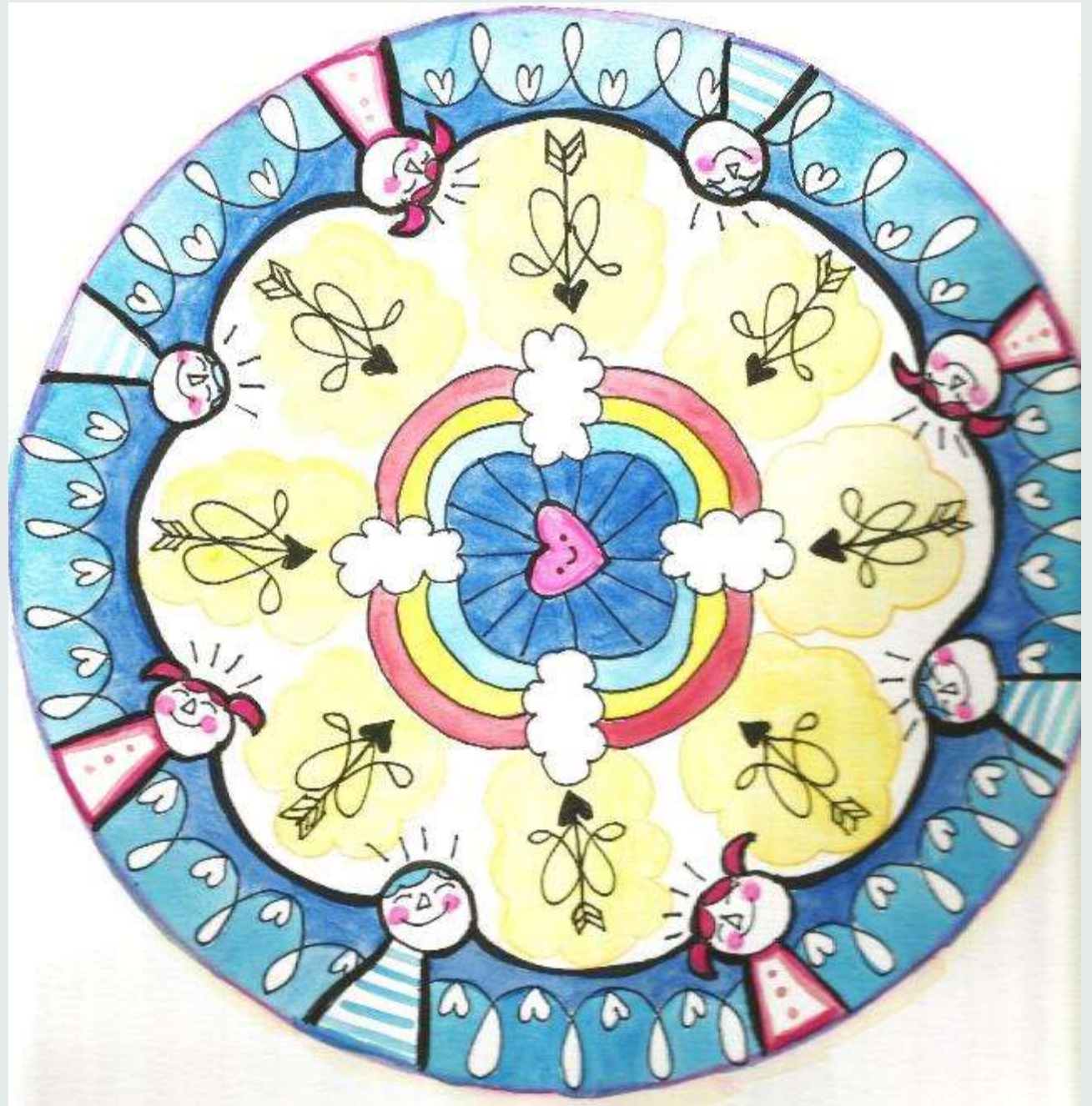
Mindfulness instructors create:

- 1) A safe space to share,
- 2) A quiet space to rest body & mind
- 3) A platform for personal boundaries





## Activity #4- Mindfulness Visualization





They're doing it  
all wrong.







**Physical Engagement** such as yoga, tai chi, or stretching will build self-confidence, promote physical balance and strength. Integration of nature appreciation is recommended.



## Activity #5- Yoga Poses





# Peace Curriculum Book List

- 1) *Education and Peace: The Montessori Series* by Marie Montessori.
- 2) *Marie Montessori: Her Life and Work* by E.M. Standing
- 3) *Our Peaceful Classroom* by Ailene Wolf
- 4) *Peace Begins with You* by Katharine Scholes
- 5) *I Am Peace: Book of Mindfulness* by Susan Verde
- 6) *Only One You* by Linda Kranz
- 7) *A Handful of Quiet: Happiness in Four Pebbles* by Thich Nhat Hanh
- 8) *My Daddy is a Pretzel: Yoga for Parents and Kids* by Baron Baptiste
- 9) *Yoga Education for Children* by Swami Satyananda Saraswati-Bihar School of Yoga
- 10) *Yoga for Big Hearts & Little Hands: A Handbook of Yoga Poses for Children* by Ana Camacho-Hansen





# Resources

- 1) **Center for Disease Control and Prevention**  
<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
- 2) **Harvard Health Publishing Harvard Medical School**  
<https://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428>
- 3) **Journal of the American Medical Association**  
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754>
- 4) **National Center of Education Statistics** <https://nces.ed.gov/>
- 5) **Pacer's National Bullying Prevention Center**  
<https://www.pacer.org/bullying/resources/stats.asp>
- 6) **Teaching Tolerance** [www.tolerance.org](http://www.tolerance.org)
- 7) **Pinwheels for Peace** <http://www.pinwheelsforpeace.com/>
- 8) **United States Bureau of Labor Statistics**  
<https://www.bls.gov/news.release/volun.nro.htm>





# Montessori and Peace Education

Closing/Questions?